



Return to Competition Protocols

Version 5.0 – Dec 1, 2021

Skate Ontario Return to Competition Protocols (these “Protocols”)

Effective December 1, 2021

These Protocols are Skate Ontario’s rules and policies intended to enable a safe return to competition. These protocols will be applicable for events administered or sanctioned by Skate Ontario. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and Skate Ontario’s desire to make our sport safe for all. These Protocols may be updated at any time; please be sure that you are referring to the most recent Version which will be posted from time to time on Skate Ontario’s website at www.skateontario.org. These Protocols are subject to all federal, provincial, municipal laws, regulations, by-laws and orders as they may exist from time to time.

Skate Ontario will communicate in subsequent Versions of these Protocols updated information as it becomes available.

Competition Operations

Area	Item	Protocol
Competition Operations CO – 001	Compliance with regulations	<p>All figure skating activities, including events must adhere to all federal, provincial, municipal and public health laws, regulations, by-laws and orders as they may exist from time to time and must comply with:</p> <ul style="list-style-type: none"> • Physical distancing measures • Health and safety regulations • Facility capacity limits • Skate Canada rules, policies and procedures • Skate Ontario rules, policies and procedures • All Safe Sport policies and procedures • Applicable occupational health and safety requirements
Competition Operations CO – 002	Compliance with these Protocols	<p>Each host club and host skating school executing a competition (whether or not on rented non-club ice) must implement and comply with the current Version of these Protocols. Each host club and host skating school is also responsible for implementing and complying with any updated Version of these Protocols as posted from time to time.</p> <p>The form of Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19 provided by Skate Ontario (“COVID-19 Waiver”) must be completed by each participant in a Skate Ontario sanctioned competition (including staff, skaters, coaches, officials, volunteers, and other individuals involved in the event in any capacity). Failure to do so means that individual must not enter the facility. The COVID-19 Waiver must be completed prior to the start of participation in competition. The COVID-19 Waiver is required to be completed for each competition by each participant. Skate Ontario will keep this form on-file for each participant.</p> <p>Any non-implementation or non-compliance may have consequences and could jeopardize insurance coverage.</p>



Area	Item	Protocol
Competition Operations CO – 003	Compliance with Facility Protocols	Each host club and host skating school executing a competition must comply with Facility Protocols set out for competition.
Competition Operations CO – 004	COVID-19 Education	<p>Skate Ontario will provide staff, coaches, skaters, officials and volunteers with educational materials on safety and hygiene protocols applicable within a club / skating school as well as Government-approved information on ways to limit the spread of COVID-19 including:</p> <ul style="list-style-type: none"> • Respiratory etiquette • Hand hygiene • Physical distancing • Use of Personal Protective Equipment (e.g. face masks) <p><i>Note: Please see Appendix A for samples of these education tools</i></p>
Competition Operations CO – 005	Planning Meetings	All planning meetings should be conducted on-line and virtually whenever possible.
Competition Operations CO – 006	Facility Coordination	<p>Each host club/skating school must coordinate with the relevant facility in order to ensure compliance with these Protocols and any specific instructions provided by Skate Ontario. This includes at minimum:</p> <ul style="list-style-type: none"> • Implementing effective measures to manage the flow of traffic in and out of the facility in a competition environment • Ensuring that wherever possible any person who enters or uses the facility maintains a physical distance of at least 2m from any other person who is using the facility unless they are from the same household or they are authorized in Step 3 of Ontario's COVID-19 Roadmap to Reopen to be closer than two metres from each other • Scheduling and implementing cleaning as outlined by the facility • Wiping down / sanitizing high touch areas such as entry / exit doors to the ice, etc. • Facilitating compliance by the facility operator with the advice, recommendations and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting
Competition Operations CO – 007	Facility Orientation	Skate Ontario may provide facility specific, on-site instructions for traffic flow to skaters, coaches, officials, volunteers and staff. These instructions may be provided in advance or on site. All skaters, coaches, officials, volunteers, spectators and staff will be required to follow on-site traffic flow instructions.



Area	Item	Protocol
Competition Operations CO – 008	Self-screening measures	<p>All individuals, including skaters, coaches, officials, volunteers and club representatives taking part in the competition must self-screen in accordance with current public health guidelines before each competition day. Individuals must not attend any competitions if they:</p> <ul style="list-style-type: none"> • Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts • Have been advised by a doctor, health care provider or public health unit that they should currently be isolating (staying at home) • Have returned from travel outside of Canada and been told to quarantine (per the federal quarantine requirements). <p>Individuals who are considered a vulnerable or at-risk (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) should strongly consider their participation in competitions.</p>
Competition Operations CO – 09	Health Screening and Vaccination Screening of Individuals	<p>Skate Ontario will provide a screening protocol (see the Health Screening Questionnaire below) to be implemented by host club/skating school, whereby individuals are screened on-site on a daily basis before entering the competition facility. This screening may be conducted verbally. Screening must be completed by each individual prior to entry into the facility. Every individual must respond to every question. If an individual does not respond to every question, that individual cannot enter the facility. See the screening protocol (see the Health Screening Questionnaire below) for additional rules.</p> <p>Screening is not required to be duplicated by clubs or skating schools if already being undertaken by a facility.</p>
Competition Operations CO – 010	Tracking of participants at each competition	<p>The host club/skating school will assist Skate Ontario in Skate Ontario's implementation of a tracking protocol to be implemented for all skater, coach, volunteer, staff, official participation in a competition or attendance on a daily basis in order to allow Skate Ontario to assist public health authorities with contact tracing in the event of any positive COVID-19 cases. Skate Ontario will be handling tracking records. This must be recorded and kept for a minimum of thirty days in order to assist with contact tracing in the event of any positive COVID-19 cases within the club or skating school during a competition.</p> <p>Contact tracing is not required to be duplicated by clubs or skating schools if already being undertaken by a facility. However, attendance on each day of competition must be tracked to assist with contact tracing should it be required.</p>
Competition Operations CO – 011	Limitations on size of groups.	<p>All competitions must follow current provincial and local public health as well as facility guidelines with respect to the size of gatherings.</p>
Competition Operations CO – 012	Registration Area	<p>Registration area for skater check will be highly visible with signage to allow for social distancing and no-contact check in. Skaters will not receive accreditation.</p>



		<p>The screening protocol (see the Health Screening Questionnaire below) must be completed by each skater, coach, volunteer and official and by other individuals involved in the event in any capacity prior to approaching the registration area.</p> <p>Skater Check in: All skaters will be required to sign in. Skaters will be given instructions on the location and schedule of designated warm up area and dressing rooms.</p> <p>Coach Check in: All coaches will be required to sign in and sign a COVID-19 Waiver.</p> <p>Volunteer check in: All volunteers will be required to sign in and sign a COVID-19 Waiver. The volunteer check in requires a table and must allow for physical distancing.</p> <p>Officials Check in: All officials involved in the event in any capacity will be required to sign in. The COVID 19 Waiver must be signed and submitted to Skate Ontario prior to arrival.</p>
Competition Operations CO – 013	Music Registration	Ensuring that wherever possible any person maintains a physical distance of at least 2m from any other person. Hands to be sanitized before and after handing in CDs. CD cases to be wiped and sanitized before submitted at registration.
Competition Operations CO – 014	Hospitality Area	Volunteers are encouraged to bring their own food on site. For officials, all host clubs/skating schools must follow public health food safety guidelines.
Competition Operations CO – 015	Officials Stands	If Officials stands are required, the Officials stand will be built to execute the level of competition. The design layout may follow physical distancing, as space dictates. In addition, sanitizing hands is required before using any equipment on the officials stands. Officials must wear masks while on the stand.
Competition Operations CO – 016	Awards Area	Ensuring that wherever possible any person maintains a physical distance of at least 2m from any other person. Hands to be sanitized before and after handing medals to skater. Medals to be handed directly to skaters.
Competition Operations CO – 017	Discontinued areas	<p>The following area will not be set up at competitions</p> <ul style="list-style-type: none"> - Results Posting Area - Vendor Area *Dependent on facility protocols
Competition Operations CO – 018	Facility access and traffic flow	Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility.
Competition Operations CO – 019	Spectators	Host clubs/skating schools must follow the facility guidelines with respect to spectators including any physical distancing, screening and mask or face covering requirements.
Competition Operations CO – 020	Personal Hygiene	Individuals should wash / sanitize hands upon entry to facility.



Competition Operations CO – 021	Warm-up / Cool down	Warm-ups and cool downs may be conducted inside and outside of the facility following facility guidelines. In Step 3 of Ontario's COVID-19 Roadmap to Reopen, there is no requirement for physical distancing when engaged in sports or games at an indoor or outdoor facility.
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Area	Item	Protocol
Competition Operations CO – 022	Personal Protective Equipment	<p>Individuals must follow local Public Health guidelines with respect to wearing face masks and face coverings within indoor facilities.</p> <p>Coaches: Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.</p> <p>Skaters: Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility. Skaters are permitted to temporarily remove their mask or face covering when engaged in athletic or fitness activity</p> <p>Officials: Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.</p> <p>Volunteers: Required to follow all provincial and facility regulations with respect to wearing a mask or face covering when in an indoor facility.</p>
Competition Operations CO – 023	Dressing Rooms	Skaters are encouraged to arrive at the arena in their skating clothes. Facilities may provide access to dressing rooms and are required to ensure that any of these areas that are open to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.
Competition Operations CO – 024	Skates On /Off	Skaters should follow facility guidelines regarding physical distancing and wearing of masks or face coverings when using areas the facility has made available for putting skates on and off
Competition Operations CO – 025	Personal Items	Skaters are recommended to use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted.
Competition Operations CO – 026	Entry / Exit from ice	Skaters must follow physical distancing protocols while waiting to enter and exit the ice. Individuals from the same household are not required to follow physical distancing requirements.
Competition Operations CO – 027	Physical Distancing	When not actively participating in skating, individuals are required to maintain a physical distance of at least 2m from any other person during the session. Individuals from the same household are not required to follow physical distancing requirements.



Appendix A: COVID-19 Education Resources

Skate Ontario will provide staff, coaches, skaters, officials and volunteers with educational materials on safety and hygiene protocols applicable within a club / skating school. Members should be sent Government-approved information on ways to limit the spread of COVID-19.

The following links can be sent by clubs/skating schools to their members:

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
You were tested for COVID-19: What you should know	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-19-test-what-you-should-know.pdf?la=en
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ontario COVID-19 Online Self-assessment Tool <https://covid-19.ontario.ca/self-assessment/>

Ontario COVID-19 Online School Screening Tool: <https://covid-19.ontario.ca/school-screening/>

Ontario COVID-19 Online Customer Screening Tool: <https://covid-19.ontario.ca/screening/customer/>



Health Screening Questionnaire

This questionnaire will be completed by each individual prior to entry into the facility. This questionnaire may be completed verbally but the questionnaire must be administered, and every individual must respond to every question. If an individual does not respond to every question, that individual cannot enter the facility.

An individual's answer to every question must be "No" in order for that individual to enter the facility or to compete.

1. Do you have any of the following symptoms?

- Fever and/or chills (temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher) Yes No
- Cough or barking cough (croup) Yes No
- Shortness of breath Yes No
- Decrease or loss of taste or smell Yes No
- Digestive issues like nausea/vomiting, diarrhea, stomach pain Yes No
- Muscle aches/joint pain Yes No
- Extreme tiredness Yes No

2. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?

Yes No

3. Do you live with someone who has been told by a doctor, health care provider, or public health unit that they should currently be isolating?

Yes No

4. In the last 14 days, have you travelled outside of Canada and been told to quarantine (per the federal quarantine requirements)?

Yes No

5. In the last 10 days, have you tested positive on a rapid antigen test or home-based self-testing kit?

Yes No

